

Jack 'O Lantern Pumpkin Soup

Makes: 24 or 48 Servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup		1/2 cup
Onion, chopped		2 cups		4 cups
Butternut squash, peeled and cubed		4		8
Pumpkin puree, canned		3 cups		6 cups
Chicken or vegetable broth, canned		4 cups		8 cups
Thyme, ground		1 tsp		2 tsp
Yogurt, low-fat, plain		1 cup		2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	64	
Total Fat	3 g	
Protein	3 g	
Carbohydrates	7 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	344 mg	

Directions

1. Heat oil in large saucepan. Add onions and cook until translucent.
2. Add squash, broth, puree, and thyme. Bring to a boil, reduce heat and allow to simmer (about 30-45 minutes).
3. Puree the mixture in small batches.
4. Pour 1/2 cup serving into bowls.
5. Garnish top with a spoonful of yogurt.

Notes

Serving Tips:

This soup can be made in advance, frozen and thawed to serve with sandwiches on busy days.